



Among Friends May 2021

Friends of HCOA website: www.fhcoa.org
Or find us on Facebook



NEWS ABOUT RE-OPENING

We seem to be making progress toward re-opening the building. Beginning around Monday, May 17 town buildings will be open for “walk-in traffic” only. For the Senior Center that means: the building will be open for things such as: paying your dues, perhaps paying for a trip; registering for a program being offered; perusing the books in our library or to use a rest room. Basically things where you would be in the building for 15 minutes or less. For the foreseeable future, our programs, classes, etc. will continue to be held outside. The staff is looking forward to seeing you, even if it’s only for a few of minutes, and to offering some interesting programs outside while enjoying the summer weather. Please know that ALL town buildings will be adhering to the State’s COVID safety guidelines. **You must understand that in order to enter the building for any reason, in accordance with state guidelines, you MUST WEAR A MASK!**



WELCOME BACK TO THE OUT OF DOORS!!!



The warmer weather has arrived! The birds are chirping. The buds are budding. Now it’s time for all of us to discard the confines of our homes & be outside! We want to remind you that here at the Senior Center, we welcome you to sit on the porches, the bandstand or the grass areas either out front or beside of the baseball field. You can bring a lawn chair & meet your friends either for lunch, coffee or just to sit & be together and socialize. It’s time to shed the isolation of winter & fill our lives with

sunshine and friends! Around May 17, you will have some access to the building which will include use of the rest room.

THE SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 31 IN OBSERVANCE OF MEMORIAL DAY

REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL

COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
Faye Ellis
Nancy Melton
Richard McPhee

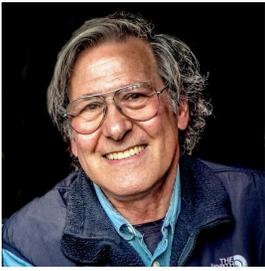
Holden Senior Center
1130 Main Street, Holden, MA 01520
508-210-5570

Director: Louise Charbonneau
Secretary: Maureen Buffone
Program Coordinator: Clare Nelson
Transportation Coordinator: Mary Sloan - **508-210-5573**
Outreach Worker: Paula Earley
Outreach Worker: Dale Hayden
Drivers: John Bianco, Greg Tivnan,
Katherine LePain, Lisa Larson
Meal Site Manager: Sue Donaldson - **508-210-5578**

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.

VISIT ICELAND AND GREENLAND WITH RON ROSENSTOCK



Ron Rosenstock will tell you that “A visit to Iceland is like a visit to the beginnings of our planet. When the Vikings first sailed to the west coast of Iceland, they moored in an area they named Reykjavik, or Smoky Bay. Because of the on going geo thermal activity, Iceland to this day is constantly being shaped by the forces of nature. Much of Greenland is above the Arctic Circle and with the result of global warming, many large icebergs float by the coastal villages throughout the year. The landscape is so rugged that getting from one village to another requires going by sea. Many of the local people live in the traditional ways of their ancestors.” Enjoy spectacular photographs and a spellbinding narrative

without leaving your chair. Just tune into Holden Cable channel 191 every Monday at 2:00 p.m.; Thursday at 6:00 p.m.; and Saturday at 9:00 a.m. throughout the month of May.

OUR BOOK CLUB IS BACK!

The Senior Center Book Club will meet on **Friday, May 21 at 10:30** outside here at the Senior Center. Please bring your own chair and join the group for some discussion on the book, ***Light Over London*** by Julia Kelly. *Synopsis:* One day while clearing out an estate, she finds a WWII-era diary and photograph of a young woman in uniform - the same uniform her grandmother wore during the war. With the help of her neighbor, Cara searches for the identity of this mysterious woman, all while exorcising the secrets of her family's past. We hope you'll love the book and join in our discussion on the 21st.



FREE LEGAL CONSULTATIONS



On **Monday, May 10**, Attorney Arthur Bergeron from the firm Mirick O'Connell, will offer free 15 minute legal consultations. Appointments will be scheduled from **10:30 a.m.-12:15 p.m.** and will be done over the phone. To reserve an appointment, please call 508-210-5570 to leave your name and phone number. Mr. Bergeron will phone you at the appointed time.

COVID-19 VACCINE UPDATE

The Town of Rutland has established an Emergency Dispensing site to provide area residents with the COVID 19 vaccination. In an effort to assist residents with obtaining an appointment, we are creating a notification list which will provide alerts for future clinics. Please submit your name, number and e-mail through the following link, <https://www.mapsonline.net/holdenma/forms/tablet.html.php?id=238792904>, you may also be placed on notification list by calling 508 210-5540. We would like to thank Rutland for providing this opportunity to Holden residents.

OTHER RESOURCES FOR VACCINATION

Worcester State University, 486 Chandler Street - A State wide clinic is open and new appointments are added every Thursday to www.maimmunizations.org.

The local Walgreens, 1145 Main Street in Holden also has a limited supply and appointments must be made through the website at: <https://www.walgreens.com/findcare/vaccination/covid-19>.

For the town's most up to date information, please visit: <https://www.holdenma.gov/home/urgent-alerts/covid-19-information-and-vaccine-updates-town-building-closure>.

*****Note: Again, the Senior Center staff reminds you that this information is current only up until this newsletter went to print in mid-April. Please check the web page given above for the most current information.***

ANOTHER SPECTACULAR GRAB & GO GARDEN KIT IS COMING YOUR WAY!



A Summer Porch Pot kit, containing all the materials for you to plant, designed by Tina Bemis of Bemis Farms Nursery, will be available for pick-up at the Senior Center on **Wednesday, June 2**. You can drive by and pick up your kit between **11:00 a.m. and 11:30 a.m.** Instructions are included. Cost for your kit is \$20.00 payable at the time of pick up. **Please place your money in an envelope with your name on it. PLEASE BRING EXACT CHANGE AS WE WILL NOT HAVE ANY CHANGE TO GIVE YOU!** You must reserve your kit by May 26th.

ATTENTION ALL VETERANS

Join us for coffee and ... on **Wednesday, May 26 from 10:00-11:00 a.m.** on the porch of the Senior Center. Meet your Veterans Agent, enjoy refreshments, ask questions and visit with other veterans. All welcome. Please call the Senior Center at 508-210-5570 to let us know you're coming.



SPRING CHICKENS EXERCISE CLASS WITH MARTY FRENCH

We're moving outside!! Beginning Friday, May 7 at 1:00 p.m. we will begin holding our exercise class with Marty outside here at the Senior Center. The class will be held every Friday unless, of course, it's raining. You must register FOR EACH class by calling 508-210-5570. Number of seats is limited so registration is required.

FROM THE FRIENDS OF HCOA ...

Hi Everyone, The FRIENDS held their monthly meeting on April 5th with a nice turnout of 15 members attending. We discussed topics about our continuing efforts to get our newsletter out timely; monthly programs that Clare Nelson has offered outside the Senior Center building; and FRIENDS support for the March monthly "grab and go" meal provided by the staff of HCOA.



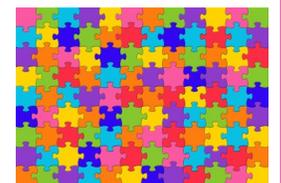
As mentioned in the March newsletter, we offered funding support for garden plots at the Holden Community Gardens. One of our Holden seniors took advantage of our offer. We wish her much success and fun with her planting this summer. We continue to receive renewal membership payments ... last month over 60 renewals were paid ... thank you for your thoughtfulness.

As you can see from the front page, we are slowly starting to re-open. We have the utmost confidence that while a full re-opening may take some time, the staff is doing this in the safest and smartest way possible. We all simply need to have patience. We remind you, we continually post information about programs and events sponsored by the HCOA and the FRIENDS on FACEBOOK (search for Friends of the Holden Council on Aging) ... be sure to check it out.

Our next meeting is scheduled for May 3rd at 10:00 a.m. at the Senior Center.

JUST A REMINDER ...

... Don't be bored at home, we are putting puzzles on a cart labeled "Puzzles from the Senior Center" outside the main entry to the Senior Center. You can come take a puzzle, and if you have some you'd like to share, you can leave them on the cart labeled "Puzzles from your Friends." Puzzles that are left on that cart will be set aside for 72 hours and will be sanitized before we make them available to others. Carts/puzzles will be available every Tuesday and Thursday from 8:30-3:30. If the carts are not there, please ring the doorbell.



2021 DAY TRIPS



Eileen, Dianne & Dale have been busy working on interesting trips for the year 2021. It is our hope that we will get back to normal & be able to enjoy some adventures together once again.

The following are trips we have scheduled. We are not accepting checks. We will add your name to our lists, if you would like to sign up. We will contact you should a trip be allowed to go or is cancelled. Thank you for your continued support of our senior programs.

Please call 508-210-5579 to sign up with your name, phone number & meal choice if applicable. Thank you.

May 20 - A Tasteful's Fun/Labelle Winery/Murphy's Taproom - \$139/person - Buffet Lunch.

June 23 - Memories of Patsy/Patsy Cline Tribute Show/Lantana's - \$98/person - Chicken Breast Lunch.

July 14 - Jimmy Buffet Tribute/Foster's Lobster Bake/Maine-\$101/person-Lobster or BBQ Chicken.

July 27 - Spirit of Boston Cruise/Faneuil Hall & Quincy Market - \$111/person - Grande Buffet.

August 26 - Texas Tenors/Danvers Sport Yacht Club - \$101/person - Chicken Parm. or Baked Scrod.

September 16 - Narragansett Lighthouse - \$99/person

October 19 - Green Mountain Railroad - \$101/person

PROOF OF COVID VACCINATION WILL BE REQUIRED FOR EACH TRIP.

YOU'RE INVITED TO JOIN IN THESE EXERCISE CLASSES FROM YOUR HOME...



The following exercise classes will continue to air on HCTV station 191 during the month of May on the following dates and times. It's important to get up and keep moving. Hopefully these opportunities will help you do just that!

Tai Chi with Gary: Mondays at 11:00 a.m.; Tuesdays at 6:00 p.m.; & Wednesdays at 1:00 p.m.

Low Impact Exercise with Joyce (newly recorded): Thursdays at 11:00 a.m.; Fridays at 6:00 p.m. & Saturdays at 2:00 p.m.

Exercise with Marty: Sundays at 11:30 a.m.; Mondays at 5:00 p.m.; and Tuesdays at 2:00 p.m.

We hope if you haven't had the opportunity to try the exercise classes, that you will check them out and enjoy them. A big thank you to the instructors for taping these classes and to Jay Brunetta and Evan Schakenbach from HCTV for giving their time and talents in the taping of the classes.

From the Outreach Office

We are welcoming May with hopes of somewhat normal times returning. The snow has melted, the grass is green and the birds are singing. Do you need help with SNAP applications, housing, File of Life, medical equipment, food pantry, Help at H.O.M.E., and much more? Please remember that we deliver books twice a month from the Gale Free Library. Call the library at 508-210-5560 and tell them you'd like to sign up for Book Express. Have you thought about joining our book group? We have lots of puzzles and would like to bring one to you.



Please call ~ Paula ~ 508-210-5575 or Dale ~ 508-210-5576

HOME-COOKED GRAB & GO LUNCH

This month's grab & go home-cooked lunch will take place on **Wednesday, May 19**. Our menu will consist of Roast Pork, Smashed Potatoes; Green Beans; Applesauce; Roll & Butter and a scrumptious homemade dessert. Reservations are required and can be made by calling 508-210-5570. We will accept reservations through *Wednesday, May 12 or until we reach capacity*. Lunches can be picked up between 12:00 and 12:30 p.m.



DID YOU KNOW ?? ... SOME FUN FACTS ABOUT MAY

- ... Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20.
 - ... The Empire State Building opened on May 1, 1931
 - ... San Francisco's beautiful Golden Gate Bridge opened on May 27, 1937
 - ... On May 14, 1804, Lewis & Clark began their trip up the Missouri River
 - ... The first permanent English settlement in America was established on May 24, 1607 in Jamestown, VA
 - ... During the Civil War, Abraham Lincoln signed the Homestead Act on May 20, 1862
 - ... The first regular air mail service in the United States began May 15, 1918
 - ... On May 20, 1932, Amelia Earhart flew across the Atlantic Ocean marking the first solo flight by a woman
 - ... On May 17, 1875 the horse Aristides and his rider Oliver Lewis crossed the finish line ahead of the rest of the field at the first ever Kentucky Derby
 - ... In any given year, no month ever begins or ends on the same day of the week as May does
- Some of May's famous birthdays ...**
- ... Martha Jane Canary better known as *Calamity Jane* May 1, 1852
 - ... Catherine the Great - May 2, 1729
 - ... Rob Gronkowski - May 14, 1989
 - ... Cheryl Sarkisian also know as *Cher* - May 20, 1946
 - ... Audrey Hepburn - May 4, 1929
 - ... Bob Hope - May 29, 1903
 - ... Queen Victoria - May 24, 1819
 - ... Bob Dylan - May 24, 1941



GRAB & GO LUNCHES

PLEASE NOTE CHANGE IN MAKING RESERVATIONS

Not quite ready to go to a restaurant, but tired of cooking? We have a solution for you!! We are still offering a Grab & Go Lunch through Elder Services. The lunch is the same as if you were eating here at the Senior Center (See menu on next page). Here's the way it works:

NOTE CHANGE: You call **SUE** (not the Senior Center) at 508-210-5578 between 9:00 a.m. and Noon to make your reservation. You **MUST call 48 hours in advance**. (i.e., call by 12:00 on Thursday for the following Monday or by 12:00 p.m. on Tuesday to receive a lunch on Thursday.) The day you're scheduled to receive a meal, you pull up to the kitchen door on the side of the building between **11:30** and **12:00**; knock on the door and step back; Sue will place your meal(s) on the table outside the door. Also on the table, will be a donation box. We respectfully ask for a \$2.50 donation per meal, which you can place in the box. Needless to say, if you want to call and make reservations for the month, you're more than welcome to do that.



**FRIENDS OF HCOA
I WOULD LIKE TO:**

Renew My Membership
Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:



Name: _____
Address: _____
Telephone Number: _____
E-mail: _____

PRIOR TO THE RE-OPENING OF THE BLDG. we are unable to accept memberships at the door so, please MAIL your membership to: Holden Senior Center, 1130 Main Street, Holden, MA 01520. Thank your for your cooperation.

MAY MENU

(Menu subject to change without notice)

MONDAY

3) Lasagna w/
Meatballs

10) Beef Stew

17) Chicken
Mornay

24) Pork Rib-i-que
w/BBQ Sauce

31) Memorial Day
No Meals Served

TUESDAY

4) Beef w/Peppers
& Onions

11) Chicken Breast
w/Buttermilk Sauce

18) Meatloaf & Gravy

25) Swedish Meatballs

WEDNESDAY

5) Chicken Fajitas

12) Baked Potato
w/Chili & Cheese

19) Macaroni &
Cheese

26) Sloppy Joes

THURSDAY

6) Roast Turkey
w/Gravy

13) Hotdog & Beans

20) Chicken Cranberry
Salad

27) Chicken Cordon
Bleu w/Gravy

FRIDAY

7) Breaded Fish Strips

14) Shepherd's Pie

21) Pollack w/Parmesan
Cream Sauce

28) Ham Salad

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